



BEGINNER - INTERMEDIATE

4 WEEKS TO TOTAL HAMSTRING FLEXIBILITY

David Thurin

TABLE OF CONTENTS

ABOUT ME	3
WHAT'S IN IT FOR YOU?	4
WARM UP	5
MOBILITY PROGRAM	6
COMMENTS FROM DAVID	10
FAQS	11
DISCLAIMER	13

ABOUT ME

Let me introduce myself; I'm David Thurin, your new flexibility coach. I'm based near Los Angeles, California, and I didn't start practicing flexibility until I was in my 20s!

I am a comprehensively certified Pilates instructor. I taught for years where I loved 1 on 1 coaching, but instead of Pilates, I now focus on flexibility. The rest is history.

I have over 4 million followers across all major social media platforms, allowing me to spread the word on health and wellness to help individuals like yourself live fuller lives.



My mission is simple. I want to change the fitness industry for the better. I want to inspire people to get up and be active with every post and piece of content I put into the world. I believe people should move and be active not because it's expected of them but because it makes them feel good.

Discovering the world of mobility and flexibility changed my life. It allowed me to feel confident within my environment and has given me control over my own body.

I hope to continue educating and entertaining people worldwide through science and evidence-based content so you, too, can live the Flexy lifestyle.

-David

WHAT'S IN IT FOR YOU?

If this is your first e-book from me, welcome! I'm glad you're here. These effective routines will take a shockingly little amount of time to complete. The cool thing is you don't need much time to build mobility! You just need to know what to do.

By the end of this program, you will gain the following:

- Increased hamstring flexibility
- Decreased lower back pain
- Increased range of motion in lower body
- Reduced risk of knee pain and injury

Over these next 4 weeks, you should see an improvement in the flexibility of your hamstrings. Many of us sit a lot throughout the day which can lead to tight hamstrings. With greater flexibility, it will make things like walking, climbing stairs, and picking things up off the ground a bit easier.

Greater flexibility in hamstrings is also important in helping prevent pain in your lower back and the back of your knees.

I can't wait for you to get started!

Stay Flexy!

WARM UP

It's important for your body to be warmed up (literally warm) before stretching. This helps your muscles get ready to stretch by increasing circulation and minimizing the chance of injury or strain.

Stretching after a workout is great because your muscles are already warmed up. But if you're stretching at a different time or feeling a little stiff, do a few of the following to warm up:

Dynamic movements, 2 sets of 10-15 reps

- Leg swings
- Push ups (can do it against a wall or on your knees)
- 5 minutes of moderate cardio (brisk walk)
- Jogging in place
- Body weight squats

SCHEDULE 1: WEEK 1

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Standing Hamstring Kick	1	15	N/A	Dynamic Passive	Hold on to a sturdy structure for stability and keep legs as straight as you can.
Single Leg RDL	1	10	N/A	Dynamic Active	Keep your back naturally arched, bend at your hips, lower your torso to parallel
Standing Toe Reach	2	N/A	30 seconds	Static Passive	Keep your legs straight, bend at your hips and reach for your toes with both hands

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Elephant Walk Stretch	1	30	N/A	Dynamic Passive	Bend down and grab toes. Straighten one leg while you bend the other. Feel the stretch in straight leg
Standing Good Morning	1	10	N/A	Dynamic Active	Stand shoulder width apart. With a slight bent in the knees, lean forward and down as you bend at the hips and push your butt back.
Seated Single Leg Hamstring Stretch	2	N/A	30 seconds each side	Static Passive	Sit on a chair with one leg straight in front of you and the other bent. Reach over to touch the foot of the straight leg

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Standing Hamstring Kick	1	15	N/A	Dynamic Passive	Hold on to a sturdy structure for stability and keep legs as straight as you can
Single Leg RDL	1	10	N/A	Dynamic Active	Keep your back naturally arched, bend at your hips, lower your torso to parallel standing on 1 foot
Standing Toe Reach	2	N/A	30 seconds	Static Passive	Keep your legs straight, bend at your hips and reach for your toes with both hands

SCHEDULE 1: WEEK 2

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Elephant Walk Stretch	1	30	N/A	Dynamic Passive	Bend down and grab toes. Straighten one leg while you bend the other. Feel the stretch in straight leg
Standing Good Morning	1	10	N/A	Dynamic Active	Lift both arms and legs toward the ceiling. Reach away from your body with hands and feet
Seated Single Leg Hamstring Stretch	2	N/A	30 seconds each side	Static Passive	Sit on the floor with one leg straight in front of you and the other bent. Reach over to touch the foot of the straight leg

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Pilates Spine Stretch (Sit & Reach for Reps)	1	10	N/A	Dynamic Active	Sit with both legs straight in front of you, shoulder width apart. Point toes toward the ceiling and reach arms out toward your toes for REPETITIONS
Sit and Reach	1	N/A	30 seconds	Static Active	Sit with both legs straight in front of you, shoulder width apart. Point toes toward the ceiling and reach arms out toward your toes - HOLD
Pancake Stretch	2	N/A	30 seconds	Static Passive	Sit with both legs straight and as far apart as you can, bend at the hips to bring your chest toward the ground

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Standing Hamstring Kick	1	15	N/A	Dynamic Passive	Hold on to a sturdy structure for stability and keep legs as straight as you can.
Elephant Walk Stretch	1	30	N/A	Dynamic Passive	Bend down and grab toes. Straighten one leg while you bend the other. Feel the stretch in straight leg
Seated Single Leg Hamstring Stretch	2	N/A	30 seconds	Static Passive	Sit on the floor with one leg straight in front of you and the other bent. Reach over to touch the foot of the straight leg

SCHEDULE 1: WEEK 3

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Pilates Spine Stretch (Sit & Reach for Reps)	1	10	N/A	Dynamic Active	Sit with both legs straight in front of you, shoulder width apart. Point toes toward the ceiling and reach arms out toward your toes for REPETITIONS
Sit and Reach	1	N/A	30 seconds	Static Active	Sit with both legs straight in front of you, shoulder width apart. Point toes toward the ceiling and reach arms out toward your toes - HOLD
Pancake Stretch	2	N/A	30 seconds	Static Passive	Sit with both legs straight and as far apart as you can, bend at the hips to bring your chest toward the ground

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Standing Hamstring Kick	1	15	N/A	Dynamic Passive	Hold on to a sturdy structure for stability and keep legs as straight as you can.
Elephant Walk Stretch	1	30	N/A	Dynamic Passive	Bend down and grab toes. Straighten one leg while you bend the other. Feel the stretch in straight leg
Seated Single Leg Hamstring Stretch	2	N/A	30 seconds	Static Passive	Sit on the floor with one leg straight in front of you and the other bent. Reach over to touch the foot of the straight leg

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Single Leg RDL	1	10	N/A	Dynamic Active	Keep your back naturally arched, bend at your hips, lower your torso to parallel to the ground
Elephant Walk Stretch	1	30	N/A	Dynamic Passive	Bend down and grab toes. Straighten one leg while you bend the other. Feel the stretch in straight leg
Standing Toe Reach	2	N/A	30 seconds	Static Passive	Keep your legs straight, bend at your hips and reach for your toes with both hands

SCHEDULE 1: WEEK 4

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Cross Body Leg Swings	1	15 each side	N/A	Dynamic Passive	Standing on one leg, hold on for stability if needed, swing other leg back and forth in front of you
Standing Pancake Stretch	1	N/A	30 seconds	Static Active	Stand with legs wide apart and straight, bend at the hips toward the ground while keeping your back straight
Pancake Stretch	2	N/A	30 seconds	Static Passive	Sit with both legs straight and as far apart as you can, bend at the hips to bring your chest toward the ground

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Single Leg RDL	1	10	N/A	Dynamic Active	Keep your back naturally arched, bend at your hips, lower your torso to parallel
Elephant Walk Stretch	1	30	N/A	Dynamic Passive	Bend down and grab toes. Straighten one leg while you bend the other. Feel the stretch in straight leg
Standing Toe Reach	2	N/A	30 seconds	Static Passive	Keep your legs straight, bend at your hips and reach for your toes with both hands

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Cross Body Leg Swings	1	15	N/A	Dynamic Passive	Standing on one leg, hold on for stability if needed, swing other leg back and forth in front of you
Standing Pancake	1	N/A	30 seconds	Static Active	Stand with legs wide apart and straight, bend at the hips toward the ground while keeping your back straight
Pancake Stretch	2	N/A	30 seconds	Static Passive	Sit with both legs straight and as far apart as you can, bend at the hips to bring your chest toward the ground

COMMENTS FROM DAVID

Congratulations - you're at the end of the guide! You should be feeling great!

Hamstring flexibility is important because it reduces the feeling of tightness throughout the day, increases your range of motion, reduces the risk of injury in your knees and back. We use our hamstrings most of the day whether you're walking, standing, or driving. Flexibility and mobility are necessary to keep our bodies healthy.

However, the most important thing is doing something positive for yourself.

Thank you for taking the time to complete this guide and for trusting me to be your flexibility expert! The support you have shown me means the world.

-David

Stay Flexy!

FAQs

1. What does static, dynamic, active and passive stretching mean?

Static and Dynamic refers to whether or not there is movement in the stretch. Dynamic means movement and Static means there is no movement. Passive and Active refers to whether or not the muscle being stretched is flexed or not! Passive means you relax the muscle as much as possible. And Active means you flex it as much as you can do safely!

2. Should the movements feel uncomfortable?

These movement will sometimes feel uncomfortable especially if you have limited mobility, but it should never be painful. It's good to push yourself but you never want to feel pain.

3. Is the warm up necessary?

It's not the end of the world if you do not warm up. BUT having a warm up first will give you the LOWEST possible chance of injury and increase the effectiveness of each session.

4. Should I stretch if I'm sore?

Yes! The soreness will not affect the session. For some, stretching even helps with delayed onset muscle soreness. Be sure to warm up properly and not push yourself too hard if you are feeling very sore.

5. Can I do this before a workout?

Preferably not - because this stretching routine is a bit comprehensive it is meant to be performed on its own or after a workout. Overstretching before a workout can decrease the effectiveness of the workout!

FAQs

6. What if I miss a day?

That's totally okay! I did not assign specific days for this reason. As long as you fit in the 3 days of stretching into a week, there's no problem with what days you choose. The most important component is consistency. Even if you do miss an entire day out of the week, just keep going into the next!

7. Do I stop the program after the 4 weeks?

Definitely not! Your first flexibility gains are mostly neural. That means your brain is finding out that it's safe to explore those deep ranges of motion. So you can lose those gains as fast as you made them! It takes a while before they start to stick.

If you have any questions feel free to send them my way: **David@stayflexy.co**

Click here!

DISCLAIMER

David Thurin is not a doctor or registered dietitian. The contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician. Always consult your physician or qualified health professional on any matters regarding your health. Use of the information in this program is strictly at your own risk. David Thurin and/or MBD will not assume any liability for any direct or indirect losses or damages that may result including, but not limited to, economic loss, injury, illness or death.

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